



# APRIL 2019 - HOPEDALE SR. CENTER ACTIVITIES (508)634-2208

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SR. CENTER ERRAND VAN AVAILABLE</b> <b>9:00 AM – 3:00 PM</b> 		<b>SR. CENTER ERRAND VAN AVAILABLE</b> <b>8:30 AM – 3:00 PM</b> 	<b>SR. CENTER ERRAND VAN AVAILABLE</b> <b>9:00 AM – 1:00 PM</b> 	
<b>PANERA BREAD</b> 10:00 am Aerobic Chair w/ Shirley <b>11:30 am Lunch at Sr. Center</b> 12:45 pm BINGO <b>1pm – 3pm Sr. Bowling</b>	<b>2</b> 9:00 am Yoga 1:00 pm Bridge 1:00 pm Mah Jong	<b>3</b> 10:00 am Aerobic Chair w/ Shirley 11:45 am Meditation 1:00 pm Mah Jong Lessons 1:00 pm Cribbage	<b>4</b> 9:00 am Yoga 10:00 am Spanish 1:00 pm Tai Chi	<b>5</b> 9:00 am Arthritis Class w/ Sue <b>10:15 am Conversations on Current Topics</b> <b>Sr. Center closes @ 12:30 pm</b>
<b>8</b> <b>PANERA BREAD</b> 10:00 am Aerobic Chair w/ Shirley 12:00 pm Watercolor Classes 12:45 pm BINGO <b>1pm – 3pm Sr. Bowling</b>	<b>9</b> 9:00 am Yoga 1:00 pm Bridge 1:00 pm Mah Jong	<b>10</b> <b>9:00 am Market Basket Trip</b> 10:00 am Aerobic Exercise w/ Shirley <b>9:30 am Nurse Clinic</b> 11:45am Meditation 1:00 pm Mah Jong Lessons 1:00 pm Cribbage	<b>11</b> 9:00 am <b>Walmart Trip</b> 9:00 am Yoga 10:00 am Spanish 1:00 pm Tai Chi	<b>12</b> 9:00 am Arthritis Class w/ Sue <b>12:30 pm Computer Class @ Hopedale HS</b> <b>Sr. Center closes @ 12:30 pm</b>
<b>15</b> <b>CLOSED FOR</b> <b>PATRIOTS' DAY HOLIDAY</b> 	<b>16</b> <i>No regular activities scheduled.</i> <i>The Community House is hosting a private event.</i> <b>9:45 am Trip to Taza Chocolate Factory Somerville, MA</b>	<b>17</b> 10:00 am Aerobic Chair w/ Shirley <b>11:30 am Sr. Center Lunch</b> 11:45 am Meditation 1:00 pm Mah Jong Lessons 1:00 pm Cribbage	<b>18</b> 9:00 am Yoga 10:00 am Knitters 10:00 am Spanish 1:00 pm Tai Chi <b>1:00 pm COA BOARD Mtg.</b>	<b>19</b> 9:00 am Arthritis Class w/ Sue <b>10:15 am Conversations on Current Topics</b> <b>Sr. Center closes @ 12:30 pm</b>
<b>22</b> <b>PANERA BREAD</b> 10:00 am Aerobic Chair w/ Shirley 12:00 pm Watercolor Classes 12:45 pm BINGO <b>1pm – 3pm Sr. Bowling</b>	<b>23</b> 9:00 am Yoga 1:00 pm Bridge 1:00 pm Mah Jong	<b>24</b> <b>9:00 am Market Basket Trip</b> 10:00 am Aerobic Exercise w/ Shirley 11:45am Meditation 1:00 pm Mah Jong Lessons 1:00 pm Cribbage	<b>25</b> 9:00 am Yoga 10:00 am Spanish 1:00 pm Tai Chi	<b>26</b> <b>No Arthritis Class Today</b> <b>Sr. Center closes @ 12:30 pm</b>
<b>29</b> <b>PANERA BREAD</b> 10:00 am Aerobic Chair w/ Shirley 12:00 pm Watercolor Classes 12:45 pm BINGO <b>1pm – 3pm Sr. Bowling</b>	<b>30</b> 9:00 am Yoga 1:00 pm Bridge 1:00 pm Mah Jong  7:00 pm <b>Outdoor Group Mtg.</b>		